



Orange and Fennel Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 fennel bulb cored trimmed thinly sliced lengthwise
- 6 ounce dole® tender garden blend
- 8 kalamata olives pitted cut in half
- 4 servings orange vinaigrette (recipe below)
- 2 oranges peeled cut in half slices


Equipment

- bowl

Directions

- Combine salad, oranges, fennel and olives in large bowl. Toss with Fresh Orange Dressing, to coat, as desired. Refrigerate any remaining vinaigrette.

Nutrition Facts

 **PROTEIN 9.26%**  **FAT 11.44%**  **CARBS 79.3%**

Properties

Glycemic Index:33.75, Glycemic Load:7.88, Inflammation Score:-9, Nutrition Score:38.262608839118%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 42.37mg, Hesperetin: 42.37mg, Hesperetin: 42.37mg, Hesperetin: 42.37mg Naringenin: 23.82mg, Naringenin: 23.82mg, Naringenin: 23.82mg, Naringenin: 23.82mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 215.51kcal (10.78%), Fat: 3.35g (5.15%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 52.23g (17.41%), Net Carbohydrates: 28.35g (10.31%), Sugar: 18.62g (20.69%), Cholesterol: 0mg (0%), Sodium: 165.85mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin K: 301.22µg (286.88%), Manganese: 2.27mg (113.63%), Vitamin C: 90.72mg (109.97%), Fiber: 23.88g (95.53%), Iron: 16.27mg (90.39%), Calcium: 774.14mg (77.41%), Vitamin E: 8.69mg (57.93%), Folate: 163.47µg (40.87%), Magnesium: 141.19mg (35.3%), Potassium: 1062.81mg (30.37%), Vitamin B6: 0.57mg (28.36%), Vitamin A: 1183.04IU (23.66%), Copper: 0.39mg (19.37%), Vitamin B2: 0.31mg (18%), Vitamin B1: 0.22mg (14.54%), Vitamin B3: 2.81mg (14.02%), Phosphorus: 114.28mg (11.43%), Vitamin B5: 0.92mg (9.18%), Zinc: 1.37mg (9.15%), Selenium: 3.17µg (4.53%)